43 ways to control the appetite

By SHIRLEY W. WALTON
Extension Agent

This is a continuation of suggestions compiled from DEB (Diet, Exercise and Behavior) class discussions on how you can control appetites and cut calories:

Good news for homemakers

1. Look up the calorie content before you eat a piece of pie or cake — you may decide to eat a smaller portion.
2. Spend your break time doing something other than eating.
3. Cooperate with others if you work in the office with other overweight persons — make weight loss a group effort. The encouragement is great.
4. Leave a little food on your plate.
5. Use vinegar and lemon juice as a dressing for your salads. Seasoned salt also helps too.
6. Use sheer determination.
7. Broil instead of frying.
8. Eat a grapefruit for a bedtime snack.
9. Use artificial sweeteners.
10. Drink V-8 juice (6 oz. only 35 calories).
11. Use 1 teaspoon of Russian tea instead of 2.
12. Make a low calorie drink — ½ cup milk, ½ cup fruit, 2 ice cubes, sweet and low to taste — and mix in a blender.
13. Wash under cold running water any fruit packed in a sweetened syrup.
14. Work to get into smaller clothes.
15. Stand in front of a full length mirror and let your goal be to fit into the mirror without lapping over the sides.
16. Lose some weight, this will encourage you to lose more.
17. Replace desserts with fruits — grapes, apples, grapefruit, etc.
18. Exercise regularly.
19. Avoid TV food commercials and parties.
20. Eat fresh fruit before a meal.
21. Eat unbuttered popcorn for a snack (1 cup equals 40 calories).
22. Slice an apple instead of eating a whole one. This gives one a feeling of nibbling as they enjoy the slices.
23. Enjoy a half grapefruit for dessert while your family is eating other rich foods.
24. Simmer chicken breasts and diced onion. Season and wrap in foil. Bake until done.
25. Use plain yogurt in place of sour cream on a potato. Chopped green onions or chives may be added for flavor.
26. Drink a Diet 7-Up in place of a regular one.
27. Eat one or two bites of a good dessert instead of an entire portion.
28. Eat dry puffed wheat or rice cereals for a nutritious snack.
29. Drain fat from any grounded meat before adding ingredients.
30. Remove fat from broths before makmg gravies by chilling overnight or using ice cubes for instant removal.
31. Don't get discouraged.
32. Weigh in the morning before dressing. This gives you the incentive not to overeat during the day.
33. Don't buy foods that you can't resist.
34. Don't shop for food when hungry. This can cause one to over buy and to buy high calorie foods.
35. Go to a movie instead of eating out.
36. Spend money on clothing instead of desserts.
37. Increase use of walk with family members.
38. Cut down on intake of salt.
39. Exercise during TV commercials - think of how many calories you will burn up in one evening's programs.
40. Measure foods.
41. Chew sugarless gum between meals or eat a breath mint.
42. Make a salad out of a diet drink and unflavored gelatin.
43. Eat at the same time each day.

Adapted from DEB class participants for their permission to share these good ideas.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK
Tangier Island Corn Pudding

2 Tablespoons cornstarch
¾ cup sugar
2 eggs
1 13 oz. can canned milk
1 pint can creamed corn
2 tablespoons margarine
Bake 1 hour in 300° oven.

Thanks to Mrs. Jean Abernathy for sharing this delicious recipe with us.

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WINNERS IN THE FOREIGN language festival held recently from Appomattox County High School are (from left) front row -- Mark Drinkard, Stephanie Ferguson, Pattie Roach, Sheila Carrico, Susan Morris, Alene Preston, Dana White, and Jonie Canada. Second row -- Cynthia Johnson, Judy Zimmerman, Melinda Davis, Gina George, Kim Coggins, Jennifer Johnson, and Crystal Carter. Back row -- Donna Layne, John Jimison, Philip Jacobs, Susan Eye, Kevin Jaggars, Nancy Beane, Herbert Allen, Tommy Robinson and James Beatty.

Extension homemakers' calendar

March 31 - Litter Control Council Meeting - Memorial United Methodist Church.
April 1 - DEB 1-3 (District Offices); 7-9 (ACHS)
April 3 - Oakville - 1:30 p.m.; Rocks - 7:30 P.M.
April 4 - Good Friday
April 6 - Easter Sunday
April 7 - Suburban 7:30 p.m.
April 8 - Meadowlark 7:30 p.m.
April 9 - Lee 1:30 p.m.
April 10 - Stonewall 1:30 p.m.; Spout Spring 7:30 p.m.
April 14 - County Council 1:30 - Extension Office; Bethany 7:30 p.m.
April 15 - Sickle Cell Anemia Awareness and Screening Program 6:00 p.m. (Appomattox County High School) DEB 1:00 - 3:00 (District Office); DEB 7:00 - 9:00 (Appomattox County High School); Appomattox 10:00 a.m.; Country Lane 7:30 P.M.
April 16 - District III Homemakers Program 9:00 a.m.; Halifax County High School; Wreck Island 1:30 p.m.
April 17 - Chair Seat Weaving Workshop - 10 - 12 and 1 - 3 (Extension Office); Pamplin 7:30 p.m.; Spout Sping Progressive 7 p.m.
April 19 - Farm Bureau Spring Meeting
April 21 - County Line 7:30 p.m.
April 22 - DEB 1 - 3 (District Offices); 7 - 9 p.m. (ACHS
April 23 - Leader Training 10 a.m. - "Holiday Lake 4-H Educational Center"; 1:30 p.m. "Chinese Cookery" (Extension Office); Henny Penny 7 p.m.
April 24 - Leader Training: 10 a.m. "Vacation Planning"; 1:30 p.m. "Grooming and Make-Up (Extension Office)
April 29 - DEB (District Office) 1 - 3 p.m.; ACHS) 7-9 p.m.

Evergreen 4-H meets

The Evergreen 4-H Club March meeting was held in the home of Karen Stevens; March 20. President, Anita Harvey called the meeting to order.

Eve Thomas led the 4-H pledge. Daisy Chambers, the American Flag. Tambra Hamlett, read the minutes of past meeting and were approved. We had 12 members present, two guest and one adult leader. Karen Stevens represented our club in public speaking. Mr. Sweet reminded the club about Junior Demonstration on March 29 and Senior Demonstration, May 10. The club voted to help serve lunch at the Senior Demonstration as a money making project. Our program was presented by Philip and Cecil Jacobs - Electroies and Model Rockets as Hobbies. The meeting was adjourned and refreshments enjoyed by all.

Friends invited to wedding

James and Thelma Franklin, and James and Cecil Burks, invite friends to join their children in their marriage April 5 at 2 p.m.

Miss Faye Franklin and James Burks will be married in the New Hope Baptist Church, the ceremony scheduled to begin at 2 p.m.

A reception will follow the ceremony in the church fellowship hall. Everyone is invited to attend.

Car wash planned

The Latin Club at Appomattox County High School will have a car wash at Farmers Bank (Triangle) Plazal and a bake sale in front of King's Market this Saturday afternoon, from 10 a.m. to 4 p.m.

The public is invited to attend this benefit event.

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Community Easter sunrise service at Liberty Church

Rev. P. Edward Leonard will deliver the message for the Easter Sunrise Service at Liberty Baptist Church on this coming Sunday, April 6, at 7 a.m.

The Rev. Leonard is the pastor of Memorial United Methodist Church in Appomattox.

The pastors of Appomattox C.H. Presbyterian, Liberty Baptist, St. Anne's Episcopal, and New Hope Baptist will also participate in this special Easter Service.

Liberty Baptist Church will provide special music.

The public is cordially invited to attend this community wide service for all who desire to begin Easter Sunday in worship together.

New Hope Church choir to present Easter cantata

"Alive!", a special Easter Cantata by Joe Parks, will be presented by the Adult Choir of New Hope Baptist Church on this coming Sunday night, April 6, at 6:30 p.m., in the church sanctuary.

"Alive!" portrays some of the important scenes and events of Christ's passion, from the triumphal march into Jerusalem to the resurrection. Through the songs and narration, you will witness the tender moments in the Upper Room, see Christ in the Garden of Gethsemane, watch the glimpse of the cross, and behold the empty tomb. As one experiences this cantata, one can look past the world's vision of Easter and see for himself that Jesus is Alive!

The musical features solos and duets by Margie and Ralph Reider, Beckie and Irvin Johnson, and Ann Reynolds. Narration will be presented by Richard Carter.

Mr. Barry Elder, music director of the church, will be directing the cantata. Mrs. Betty Craft, church pianist, will be the accompanist.

The Rev. Clarence H. Davis, pastor of New Hope, invites everyone to come and hear this beautiful presentation of the musical, "Alive!".

New Hope Church is located six miles east of Appomattox on Highway 24 in Vera.

Sunrise service at Red Oak

There will be a Easter Sunrise service at Red Oak Baptist Church in Oakville on Sunday morning, April 6 at 6:30 a.m.

This will be followed by breakfast in the fellowship hall, Sunday School at 9:45 and the regular morning worship service at 10:55. The public is cordially invited to attend any or all these services.

Alabama Baptist news

There will be a musical program Easter Sunday night at 7 p.m. at the Alabama Baptist Church in Pamplin, featuring the Holiness Gospel Singers and Gospel Quintet of Pamplin, along with Gospel Crowns of Naruna.

Everyone is cordially invited.

The event is sponsored by Holiness Gospel Singers.

Trinity to hold sunrise service

There will be an Easter Sunrise Service for the Appomattox Charge United Methodist Church, Bethel, Mt. Comfort, and Trinity, at 6:30 a.m. at Trinity United Methodist Church.

Everyone attending this service is invited to have breakfast with the members of Trinity, the host church.

Sunday School at Trinity for Easter Sunday will be at 9 a.m. with the worship service following at 10 a.m. Please note change in time of services.

Mt. Airy to present Easter cantata

The Mt. Airy Baptist Church Sunday School will present an Easter canata on Easter Sunday night at 7 p.m.

The theme of the cantata is, "The Conqueror."

Everyone is invited to come and witness this special program.

Refreshments will be served immediately following the program.

New Life Baptist Sunday schedule

The New Life Baptist Church will hold Sunday School classes at 10 a.m., and regular worship services at 11 a.m. Sunday.

Special singing will accompany the morning worship service.

Sunday night service will be held at 7 p.m. Wednesday night prayer service will be held at 7 p.m.

The Rev. R. B. Baber is pastor of the church.

The church is located on Rt. 608 between Oakville and Vera in Appomattox County. Visitors are welcome.

Catholic Church Easter schedule

Our Lady of Peace Catholic Church Easter services will be as follows:

Wednesday - Services begin at 7 p.m.

Good Friday - Services begin at 7 p.m.

Saturday - Easter Vigil Mass to be held at 7 p.m.

All services will be held in the Oakville Ruritan Building.

Sunrise service at Providence

There will be an Easter Sunrise Service at Providence Baptist Church in Red House Sunday morning, April 6.

Beginning at 5:45 a.m. the service will be conducted by the Rev. Omer Burnette, interim pastor.

The public is invited to attend this worship event.

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Times-Virginian
Church news

Rocks Church slates film

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E.C.R.F.'s newest film, "In Remembrance," captures an unforgettable story of the men who chose to follow a young teacher from Nazarath and of the night that would change their world forever.

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"In Remembrance" is a stunning recreation of the men and events which surrounded the Last Supper — a film for all time and all people. This is a motion picture experience you will never forget!

"In Remembrance" will be shown at the Rocks Baptist Church on Sunday, April 13, at 7 p.m.

Calvary young people to present musical

The Young People's Choir of Calvary Baptist Church at Concord will present an Easter musical, "Love and Kindness," April 6 at 7:30 p.m.

The musical was written by John W. Peterson.

Members of the choir include Kristie Metcalf, Cindy Cyrus, Stephanie Goff, Barbara Wright, Sherri Falwell, Louanne Windil, Joy Davis, Dana Ford, Kathy Dawson, Lisa Taylor, Veronica Gunter, Lori Davis, Patty Dutka, Joni Hale, Vonda West, Debra Black, Ruthie Edwards, Becky McMinn, Becky Baker, Beverly Bennett, Nancy Beane, Karen Phelps, Angie Harris, Telina Hiser, Teresa Hiser, Kim Garrett, Jennifer Crance, Andy Shields, Cindy Tweedy, Dennis Dawson, Tyke Hale, Tim Crance, Mark Coleman, Brad Taylor, Greg Gunter, Edward Thomas, Gary Lawrence, Kenny Walsh, Ken Edwards, Tim Bennett, Wesley Lawrence, Ahern Shields, Ronnie Shields, Ricky Trent, Scott Tolley, Adam Coleman, Randal Tate, and David Roth.

The accompanists for the musical will be Janet Crance and Danny Crance. Also, several choir members will play instruments.

The pastor is the Rev. Frank Casper.

The public is invited to attend.

For Easter

Pamplin services set

Thursday, April 3, 7:30 p.m., Beale Memorial Presbyterian Church
Maundy Thursday Communion Service
Message in song by the Rustburg Christian Chorus
Friday, April 4, 7:30 p.m., Pamplin United Methodist Church
Good Friday Service
Message by Rev. Thomas Boggs
Sunday, April 6 7:00 a.m. Pamplin United Methodist Church
Easter Sunrise Service
Message by Rev. Thomas Boggs

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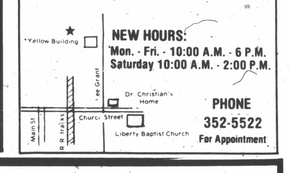

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